

## ABSTRACT

The muscle exerciser and toner device with microprocessor controlled multiple workouts, produces specially timed vibrations to exercise muscles and burn body fat without a need to perform an actual physical exercise. The device can be attached to different parts of the human body and thru vibrations make the muscles contract and extend. This is equivalent to a process of a genuine exercise session. A motor generates vibration with an eccentric weight mounted on a shaft. The motor is controlled by a microprocessor, which runs a specifically timed workout program consisting of exercise and rest cycles. After the workout is over the device shuts off automatically. The device operation is simple and requires pressing one button. The timing of the workout program is similar to that of a real exercise session, thus enabling the device to emulate a genuine physical workout. Several devices can be placed on various muscles simultaneously.